

Kingsmeadow News



For all residents — Knightstone, Merlin, Guinness,
private renters and owners



SPRING EDITION 2017

Spring 2017 Events

Embracing Diversity 2017

Dreamscheme dates

Hanham Abbotonians team

Mary's story.....

Christmas 2016 Gift photos

Community News

and information

Individual care,

Helplines and counselling

MORE NEWS, MORE EVENTS, MORE CARE

Testimonial

Mary's journey began when she approached our community stand at the **Kingswood Community Fun Day**. She spoke to our staff and volunteers and explained that she was unemployed and looking for work. She explained that although she was feeling low and her self esteem wasn't great, she was still optimistic. Our volunteers asked if Mary would consider volunteering an option until she managed to find employment. Mary agreed and said she was interested in working with children. She was given the address of the Flat and on Monday she contacted us. The following day Mary attended our local toddler group **Café tots** and then continued to volunteer every week for a 12 week period.

Mary said that she really enjoyed the opportunity and enjoyed meeting the parents and children. Mary is now working for a company called **Manor Community Help**, locally as a mentor and support worker.

Mary wrote;-

"**Kingsmeadow** has really helped me greatly in building up my confidence and overcoming my anxiety. They also helped me with my job hunting and interview skills. I found everyone friendly and helpful. They always made time to listen to me either 1 to 1 or were available on the end of the phone to help if I had a problem. I really enjoyed attending **Café Tots** as it gave me something to look forward to and focus on each week. I am really grateful for the experiences that **Kingsmeadow** have given me. Through this experience I have now continued to volunteer and am now helping with Girl Guides on the evening.

Thank you Kingsmeadow for all your time and help."



Multisports

Aged 9+

Street Games - Thursday

Time : From 5:30pm

For more information contact:

sport@southglos.gov.uk

Or call 01454 865821

FREE!!

LOTTERY FUNDED

Doorstep SPORTCLUB

street games

UNWANTED GIFTS AND TOILETRIES

Calling everyone
with a surplus of
unwanted gifts of
the toiletry variety.

Including shopowners
and individuals.

We as a charity can
give away your
unwanted gifts to
our clients who cannot
afford these items on
a regular basis

Please pop into our
community centre at
the address shown
below to drop off your
unwanted gifts.

Many thanks.



Kingsmeadow Community Flat

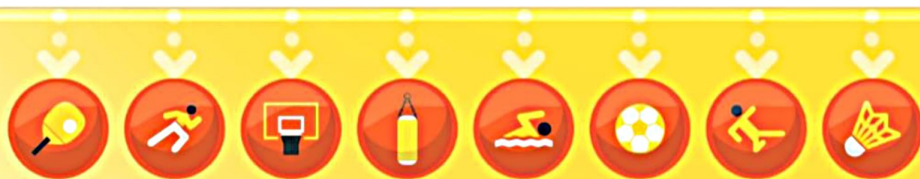
19 Barrington Close, Kingswood, Bristol BS15 4QD

Office Tel. 0117 9048425

Website : www.kingsmeadowflat.org.uk

Charity No. 1148905

We are a registered company limited by guarantee No. 8126468



SPORTS £ POUND



What is SportsPound?

SportsPound vouchers give people, who are eligible and nominated by a local nominating organisation, 8 free sessions at participating Sports Clubs and providers in their community.

Who is SportsPound for?

People aged 14+ and adults who are new to Sport, or returning to sport, living in 6 areas across South Gloucestershire

Where can I find out more?

To find out if you are eligible to receive SportsPound vouchers, contact a local “Nominating organisation”, who are in all 6 of the areas; including the libraries, Health Champions and some charities, or where you see the SportsPound logo. Alternatively contact the Sportspound team.

For more information please contact the SportsPound team
01454 865821 or email: sportspound@southglos.gov.uk
Follow us on Twitter: [@sportspoundsg](https://twitter.com/sportspoundsg)



**INVITATION TO “EMBRACE DIVERSITY” MEETING
PLANS WELCOME FOR FUTURE EVENT AND DISCUSSION**

Ongoing.....2017

**1PM –3PM Kingsmeadow Community Flat
19 Barrington Close, Kingswood, Bristol.**

**To advise and for advice in planning the
“EMBRACE DIVERSITY” Community event
Summer 2017.**

**FOOD, MUSIC, DANCING, ENTERTAINMENT,
EDUCATION, COMPETITIONS, FUN AND ADVICE
EVENTS TO BE PLANNED!!**

All contributions welcome



MoneySmart Course



North Bristol
Advice Centre

**A free course to build your skills and confidence
in managing your money.**

Our sessions cover:

- Taking control of your spending
- Cutting costs through Smart Shopping
- Understanding bills and their consequences
- Credit, banking and borrowing options
- Money planning/ budgeting

*I really enjoyed
the workshops,
especially tasting
the Jaffa cakes!*

Each session provides practical tools and resources to take away
and use at home.

*The workshops are really
friendly and get you
thinking about what you
spend and what you want
to use your money for.*

**Our next 3 sessions start on
Monday, March 20th, 2017**

9.30-11.30am at

Kingsmeadow community flats

To book your place, call:

Ceri on 0117 9048425

Emmanuelle on 0117 951 5751

moneysmart@northbristoladvice.org.uk





FREE COOKING COURSE

Starting February 2017

Essential Cooking Skills
A six week course to help you and your families with cooking and planning healthy, family meals.

The aim of Essential Cooking Skills is to support parents, so they can:

- Learn in a safe place where they will not be judged
- Enable parents to develop cooking skills
- Ensure parents have knowledge of nutrition relevant to themselves and their families
- Enable parents to plan and budget for meals
- Enable parents to work safely in their home

Working in partnership with Merlin Housing, Kingsmeadow Community Flat and Community Learning. Community Ignite is merging with Southern Brooks Community Partnerships in April 2017.

Time: 10.00am-12.30m Fridays

Dates: 24th February –31st March 2017

Venue: Kingswood Community Association, High Street, Kingswood. A crèche is available if pre-booked.

To book a place, please contact Alice Payne on
01179 604186 or
info@communityignite.org.uk



Just before Christmas Eve *Kingsmeadow Community flat* with the support from the *Salvation Army*, *Hanham Abbotonians* and *Merlin housing* were able to support local families in the community. Christmas presents and food parcels were delivered by our resident Father Christmas to children and their parents. These new gifts, food and chocolate were donated by kind well wishers from the *Kingswood* area.

All items were gratefully received by very excited children.

Many Thanks to *Jane Curtis*, *Marisa Dawson* and *Kay Rose* who helped sort and deliver the parcels.

Many thanks to all who supported this project



Drop-in Sessions

12-4pm Every other Friday

@ Kingsmeadow Community Flat

A college based around **your needs** and where **being well** is actually on the curriculum!



Meet a Student Advisor, enrol on courses. Come and find out about what is on offer across South Gloucestershire.

17th Feb - 10th March - 24th March -
7th April - 21st April - 5th May -
19th May - 2nd June - 16th June -
30th June

FREE COURSES

Learn

Smile

Grow

Contact us today!

01454 821856

TheWellbeingCollege@merlinhs.co.uk

A decorative border of colorful hands in various colors (red, purple, orange, blue, green, yellow, pink, cyan) is arranged in a circular pattern around the central text.

Volunteers Needed at the Kingsmeadow Community Flat

- IT Technician
- Bike Technician
- Afterschool Club Assistant
- Dreamscheme Play worker
- Welfare and employment support mentor
- Cleaner
- Sports Champion



All Volunteers will receive full support, personal development and training, plus expenses. All volunteering will look good on your CV and promotes social skills.

Please note that these are all voluntary unpaid roles.
For your Volunteer Pack and informal chat, please contact Jane/Ceri 0117 9048425, for more information.



Families United



We believe in *Real Parenting* – the idea that being a “good enough” parent is simply enough. This course aims to give us faith in our own parenting abilities, to know that we are “good enough”.



When?

First session: Information and registration 1pm-3pm on 6th January 2017

Sessions?

**COMING SOON
TO BE ANNOUNCED**

Where? - Kingswood Community Association, High Street, Kingswood

This course is funded by Kingsmeadow Community Flat



We will be looking at:

- Improved parenting skills and a healthier, happy family life
- Understanding the importance of love, care, empathy, respect and improved mental and emotional wellbeing.
- Breaking patterns of unhelpful parenting
- Looking at tools to improve stress and anger
- Play importance of play, interaction between child and parent.
- Behaviours and rewards, sleep routines

For more information, or to book a place, please contact Alice Payne on 07718390625 or 01179 604186 or

www.kingsmeadowflat.org.uk



Seeing the Potential in Everyone

KCF's SUPPORT services

Your welfare is our concern because we believe as a community we are successful and remain firm if everyone is successful.



Are you...

- Finding life stressful, often worried or feeling emotionally down?
- Feeling lonely or isolated?
- Struggling to cope with life's daily demands & challenges?
- In financial difficulty or debt?
- Faced with multiple barriers & challenges to move forward with your life?
- Confused, tired of trying, worried or anxious?
- Struggling to find work?
- Struggling to catch up with the internet & using computers?
- In need of guidance, emotional or practical to deal with a challenging issue you face?

DON'T struggle ALONE

- ☐ We offer a range of support services at Kingsmeadow Community Flat working with you to overcome barriers and deal with challenges.
- ☐ Together we will find what works for you.
- ☐ We also work with other organisations and partners to ensure the best outcome.



To access support.....

Call **0775 705 6687** to speak with /leave a message for Catherine or email:

kingsmeadow.community.flat@outlook.com

Catherine will contact you back to book an initial appointment to discuss your needs and plan with you on how best to provide support.

Positive State of Mind

Come along and meet with others who have similar experiences at our peer support group for people with poor mental health, such as depression and anxiety.

Come along to

- *Make friends and build support networks*
- *Share common experiences*
- *Share support tools and strategies*
- *Confidential, supportive environment*



It's free, friendly and informal. Meet people who might be feeling similar.

Kingswood Library

Every other Wednesday

7.30-9.00pm

Upcoming Dates:

1/3, 15/3, 29/3,
12/4, 26/4, 10/5

Kingsmeadow Community Flat

Every other Thursday

4.00-5.30pm

Upcoming Dates:

23/2, 9/3, 23/3, 6/4,
20/4, 4/5, 18/5

For more information contact Rosie
07592 890535

Rosie.sinfield@communityignite.org.uk

www.communityignite.org.uk

community **ignite**

Creating a
brighter future

Charity No: 1000178



Positive State of
Mind

Have you heard about Dreamscheme ?

We are a free, fun; out-of-school activities group which actively involves the children with their local community. Dreamscheme runs in all the school holidays and is for children aged 8-16 years, unaccompanied, or under 8 with a parent. Our aim is to build children's confidence and skills, offering the chance to try new experiences, meet new people and visit new places together. We encourage the children to actively help out in the community. We work on a points system that rewards the children with a fun activity or trip at the end of the holiday sessions.



We are based at-
Kingsmeadow Community Flat.
19 Barrington Close
Kingswood Bristol BS15 4QD



LOTTERY FUNDED

Our next program of events begins

From **Monday**
10th April 2017 onwards

(2 days per week, contact
details below).

If you are interested and want to
know more please feel free to
contact us for more information.



Contact Jane Curtis Children's Activities Coordinator
Kingsmeadow Community Flat

Office Tel. 0117 9048425 Mob. 07584258707

Address: 19 Barrington Close, Kingswood, Bristol BS15 4QD

Website : www.kingsmeadowflat.org.uk

Charity No. 1148905

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The Digital Superstar

How to make Social Media & IT work for you

Setting up E-mail , money saving tips, free software, wi-fi connection, anti-virus, Jargon busting, Internet access skills, web-site design, job searching online, UC benefit claims.

ALL WELCOME

Call Chris on: 07711408858 or Email christopher.gilson@knightstone.co.uk



 **Knightstone**

Jan 9th + 23rd
Feb 6th + 20th
Mar 6th + 20th

Kingsmeadow Flat
19 Barrington Close
BS15 4QD



Helping to create more dementia friendly communities

Dementia Friends gives people an understanding of dementia and the small things you can do that make a difference – please join us.

2016

Tuesday 18th October
Tuesday 15th November
Tuesday 13th December

2017

Tuesday 17th January
Tuesday 21st February
Tuesday 21st March

**Kingswood Leisure Centre, Church Rd,
Staple Hill, Bristol, BS16 4RH
@ 2pm-3pm**

with thanks to



Circadian Trust
giving more

**Access: Disability access
Disabled parking**

Further information: 01454868570

Email: dementia@southernbrooks.org.uk

 dementiafriends.org.uk

 [@DementiaFriends](https://twitter.com/DementiaFriends)

 [/DementiaFriends](https://www.facebook.com/DementiaFriends)

South Gloucestershire
Dementia Action Alliance
A friendlier community for all

Southern Brooks

COMMUNITY PARTNERSHIPS

Leading the fight
against dementia
Alzheimer's Society



KINGSMEADOW COMMUNITY FLAT

Are pleased to announce their sponsorship of Hanham Abbotonians under 6's football team. Our logo is displayed on the teams shirts for all to see. We will be wishing them good luck in all their matches to come!!



Kingsmeadow Community Flat
*Welfare benefits support
in your local community*

Our Community Advice Champions can:

- Fill in welfare benefits forms with you.
- Support you to apply for help to buy essential goods in a crisis or emergency such as a cooker, fridge, beds + bedding or carpeting you may be able to get financial help.
- Offer support and signposting to other services.
- Do you have any debts/owe money for gas, electricity or water and would like help to deal with.

To make an appointment, please call or leave a message for Catherine

Kingsmeadow Community Flat

Barrington Close, Kingswood, BS15 4QD

T: 0775 705 6687

E: catherinesama@kingsmeadowflat.org.uk



KINGSMEADOW FRIENDSHIP AND EXERCISE CLUB



NEW CHELTENHAM COMMUNITY CENTRE
NEW CHELTENHAM ROAD, KINGSWOOD
Every Thursday 1:15-2:45pm
Contact.....Kingsmeadow Flat: 0117 9048425
Di: 0117 961 3055
Spencer Davies: 07825 155954



Are you 16-30?

Do you need skills?

Struggling to find work?



Dont know where to turn?

Come along to our drop in, at Kings Meadow Community Flat, Barrington Close, Bristol BS15 4QD



The Prince's Trust Drop in

What's On

Buggy walks

Please contact Jane for more details on 07584258707

After School Homework Club

Mondays 3.45 - 5.00 pm. A fun learning group for children aged 8—11 and their parents. Help with homework, fun learning games and quizzes to get your child confident and up to speed. Includes a snack and drink.

Street Games (FREE) Qualified Sports coach providing a variety of sports.

Boys & Girls, for ages 9+

Thursdays. Meet at the basketball courts on Barrington Green at 5.30pm.

Toddlers and Parents 'FREE' Stay and Play

Wednesdays from 10—11.15 am *Term Time Only.* Families with tots aged 0-5 years can enjoy messy play, story and rhyme time, crafts and games. Spaces available.

Friendship Club and Armchair Exercise -Thursdays 1.15pm to 2.45pm
at New Cheltenham Community Centre. For details contact Di - 0117 961 3055 or
Spencer 07825155954

"Free Wheelers"

Get out cycling with our community bike hire scheme. Donation only fee, a variety of Adult, junior bikes, baby trailers and seats (including helmets and bike lock). Now taking bookings. Proof of Id and utility bill required for hire.

April Dreamscheme 2017 starting 10th April 10-3pm (Days will vary on occasion)

Please contact Jane on 07584258707 for more details.

Walking for Health 10.30am meeting outside Kingsmeadow Community Flat.

First Wednesday of every month. **All are welcome.**

Enquiries please contact Kingsmeadow Community Flat on 0117 904 8425

Website: www.kingsmeadowflat.org.uk

Email: info@kingsmeadowflat.org.uk

19 Barrington Close, Kingswood, Bristol, BS15 4QD

